

R430-100-18. NAPPING.

- (1) The center shall provide children with a daily opportunity for rest or sleep in an environment that provides subdued lighting, a low noise level, and freedom from distractions.
- (2) Scheduled nap times shall not exceed two hours daily.

Rationale / Explanation

Most preschool children benefit from scheduled rest periods. This rest may take the form of actual napping, or a quiet time. Children who are overly tired can exhibit behavior problems. School age children should have the opportunity for periods of more restful activities, such as reading or board games. Conditions conducive to rest and sleep include a quiet place, a regular time for rest, and a consistent caregiver. CFOC, pgs. 88-89 Standard 3.008

The purpose of limiting scheduled nap times to two hours is so that children are not forced to lie still on a mat when they are no longer tired or in need of rest.

Enforcement

Children who are tired may sleep more than two hours, but awake children should not be forced to remain on a cot or mat beyond the scheduled nap time, not to exceed two hours.

Always Level 3 Noncompliance.

- (3) A separate crib, cot, or mat shall be used for each child during nap times.

Rationale / Explanation

Lice, scabies, and ringworm are among the most common infectious diseases in child care. These diseases can be spread if children share sleeping equipment. Providing separate sleeping equipment and bedding for each child, and storing it separately, can prevent the spread of these diseases. CFOC, pg. 110 Standard 3.039; pgs. 226-227 Standard 5.094

Providing separate sleeping equipment also prevents young children from injuring one another or spreading disease by breathing directly into each other's faces during rest time. CFOC, pgs. 246-247 Standard 5.144

Enforcement

Level 2 Noncompliance: If a separate crib, cot, or mat is not used with mobile infants and toddlers.

Level 3 Noncompliance: If a separate crib, cot, or mat is not used with children other than mobile infants and toddlers.

- (4) Mats and mattresses used for napping shall be at least 2 inches thick and shall have a smooth, waterproof surface.

Rationale / Explanation

Mats and mattresses need smooth waterproof surfaces so they can be adequately cleaned and disinfected. CFOC, pg. 110 Standard 3.040

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Mats should be at least 2 inches thick for children's comfort.

Enforcement

Playpen mats are generally not 2" thick. If centers use playpens as sleeping equipment for infants and toddlers, they can meet the mat thickness requirement by putting one or more blankets underneath the playpen mat to provide the additional required thickness.

Always Level 3 Noncompliance.

- (5) The provider shall maintain sleeping equipment in good repair.**

Rationale / Explanation

The purpose of this rule is to prevent injury to children from broken equipment, and to ensure that equipment remains able to be effectively cleaned and disinfected.

Enforcement

Level 2 Noncompliance: If poorly maintained infant sleeping equipment is in danger of failing.

Level 3 Noncompliance otherwise.

- (6) If sleeping equipment is clearly assigned to and used by an individual child, the provider must clean and disinfect it as needed, but at least weekly.**
- (7) If sleeping equipment is not clearly assigned to and used by an individual child, the provider must clean and disinfect it prior to each use.**
- (8) The provider must either store sleeping equipment so that the surfaces children sleep on do not touch each other, or else clean and disinfect sleeping equipment prior to each use.**

Rationale / Explanation

Lice, scabies, and ringworm are among the most common infectious diseases in child care. These diseases can be spread if the sleeping equipment and bedding children use are stored together. Providing separate sleeping equipment and bedding for each child, and storing it separately, can prevent the spread of these diseases.

CFOC, pg. 110 Standard 3.039; pgs. 226-227 Standard 5.094

Enforcement

Always Level 2 Noncompliance.

- (9) A sheet and blanket or acceptable alternative shall be used by each child during nap time. These items shall be:**
- (a) clearly assigned to one child;**
 - (b) stored separately from other children's when not in use; and,**
 - (c) laundered as needed, but at least once a week, and prior to use by another child.**

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Rationale / Explanation

Lice, scabies, and ringworm are among the most common infectious diseases in child care. These diseases can be spread if the sleeping equipment and bedding children use are stored together. Providing separate sleeping equipment and bedding for each child, and storing it separately, can prevent the spread of these diseases. CFOC, pg. 110 Standard 3.039; pgs. 226-227 Standard 5.094

Enforcement

Always Level 3 Noncompliance.

- (10) The provider shall space cribs, cots, and mats a minimum of 2 feet apart when in use, to allow for adequate ventilation, easy access, and ease of exiting.**

Rationale / Explanation

The American Academy of Pediatrics and the American Public Health Association recommend a distance of at least 3 feet between children's sleeping equipment, to reduce the spread of infectious diseases by children breathing in one another's faces during sleep. Adequate spacing between sleeping equipment is also necessary to facilitate evacuation of sleeping children in case of an emergency. CFOC, pgs. 246-247 Standard 5.144

Enforcement

*If a classroom does not have the space needed to place mats or cots 2 feet apart, mats may be placed 1 foot apart and children placed head to toe on alternating mats so that they are not breathing into each other's faces, and there are at least 2 feet of space between their faces. When this is done, there must still be at least 1 foot of space between mats or cots to allow an adult to access children quickly in case of an emergency evacuation, and **rows** of mats or cots still need to be placed 2 feet apart, so that children from one row are not breathing less than 2 feet from the faces of the children in the row above or below them.*

Cribs may be spaced end to end if the end of the crib is solid (wood, plexiglass, etc), so that children do not breath on each other. When this is done enough space must still be maintained on at least one side of the crib for caregivers to have quick and easy access to children in case of an emergency.

Level 2 Noncompliance: If there is not at least 1 foot between cribs, mats, or cots.

Level 3 Noncompliance: If there is at least 1 foot between the sleeping equipment, but children's faces are not 2 feet apart.

- (11) Cots and mats may not block exits.**

Rationale / Explanation

The purpose of this rule is to allow quick exit from the building in the event of an emergency, and to avoid sleeping children getting stepped on by people exiting or entering the room. CFOC, pgs. 194-195 Standard 5.019

Enforcement

Always Level 1 Noncompliance.

